What's Inside for November

"Getting Older & Having Fun"

Monday, November 4th at 10:30 am Join Chaplain Ken Hart of Compassionate Care Hospice for an inspiring talk to lighten your load and lift you up! Drop-in.

Sing-Along SINGO!

Monday, November 4th at 12:00 noon Listen and sing along to your favorite music and win fun prizes! Join us for lunch at 11:45 am and stay for Singo! Drop-in.

Six-Week Grief Support Group

Facilitated by Chaplain Ken Hart of Compassionate Care Hospice Beginning Tuesday, November 5th at 1:00 –2:30 pm.

Don't "go it alone" in your grief.

Join us for a positive approach to bereavement support through helpful interactions with others.

See how this support group can

help you on your journey back to happiness. Please register with Connie at 508-866-4698 x3.

Holiday Apron Craft

Wednesday, November 6th at 10:00 am Using holiday-themed stencils, paint this festive apron to use while preparing Thanksgiving dinner or give as a hostess gift! Please register.



Carbohydrates - Friend or Enemy?

Presented by Community Home Health Care Tuesday, November 19th at 12:30 pm.

Annual Thanksgiving Turkey Luncheon

Wednesday, November 20th at 11:45 am

Come join us for a delicious meal of turkey, gravy, stuffing, mashed potatoes, peas, butternut squash, cranberry sauce plus rolls & butter, served by the Carver Police

ce! Plus, drawings for prizes! ner tickets at \$5 go on

who will also provide pies! Plus, drawings for prizes! A limited number of dinner tickets at \$5 go on sale starting Monday, November 4th in the Nutrition Center.

The Friends of the Carver COA

Holiday Craft Fair

Saturday, December 7th, 9:00 am-1:00 pm

Find unique homemade gifts for everyone on your holiday shopping list! Handmade Jewelry, Knitting /Crocheting, Holiday Decor, Baskets, Candles Home Textiles, Country Crafts and the Friends of the C.O.A. Bake Sale. FREE photos with Mr. & Mrs. Claus! Plus activities for the kids!

Drawings for Gift Baskets & other items, 6 tickets for \$5 or 15 for \$10!



COUNCIL ON AGING

Monday -Thursday 9 AM-3 PM Friday 9 AM-12PM 48 Lakeview St., South Carver 508-866-4698

COA DIRECTOR

Carole Julius Monday-Thursday 9 AM-12 PM 508-866-4698 cjulius@sailsinc.org

BOARD OF DIRECTORS

Colleen Preston-Chair
Donna Marie Forand-Vice Chair
Helen Marrone-Secretary
Alan Germaine
Betty Sullivan

FRIENDS OF THE CARVER COA

Ron Clarke Vice President Madeline Joyce Treasurer



Shopping - Dining - Appointments - Ride to the COA

GATRA operates out of the COA and provides transportation to senior and disabled residents.

PLEASE REMEMBER

Call our dispatcher from 9:00 am - 12:00 pm no later than the day before to schedule a seat on the bus. Have the address of the location to which you need transportation when you schedule.

Call in advance to CANCEL a reservation.

Messages can be left after hours.

DO NOT call the drivers directly!

Please consider other passengers and limit the number of shopping bags on shopping trips

SCHEDULE

MONDAYS 9AM—2PM "Around Town" errands

TUESDAYS & THURSDAYS Medical Appointments

WEDNESDAYS Supermarkets
WALMART Plymouth/Wareham - 1st & 3rd
AM

*STOP 'N' SHOP Plymouth - 2nd & 4th AM MARKET BASKET Plymouth - Every PM *4th Wednesday morning destination subject to change.

FRIDAYS SHAW'S Carver - AM

GATRA Bus FAQs

What towns does GATRA provide rides to? Transportation is provided to the towns adjacent to Carver.

What is the fee for riding the GATRA bus? The fee is \$1.75 each way. A book of 10 passes can be purchased for \$15. A book of passes makes a great gift for any senior in your life that needs transportation!

How do I schedule a ride?

Closing Due To Weather Conditions

The Carver COA will be closed and bus services canceled if and when the Carver Schools are closed.

Closing announcements are broadcast on WPLM radio.

LOAN CLOSET

The COA maintains a "loan closet" for your use and benefit. Canes, walkers, crutches, commodes, wheelchairs and more are available for you to borrow at no charge.

GATRA MINI-BUS

Peggy Wood
Dispatcher
Monday – Friday
9 AM-12 PM
508-866-4698 x 1

OUTREACH SERVICE

Judy Murphy
Outreach Worker
Mon., Tues. & Fri.
9 AM - 2 PM
508-866-4698 x 2

COPIES

The COA will make FREE copies for seniors. Ask a staff member during our regular hours to use this service.

VETERAN'S SERVICES

Mark Pineo, Carver's Veteran's Agent and Director of Veteran's Services can be reached at 508-866-3406. Mark will be available at the COA every 4th Tuesday at 10:00 am in the Nutrition Center.

LEGAL ADVICE

Attorney-At-Law Lawrence L. Hale is available to meet with seniors by appointment only, for free legal advice and counseling. Fifteen minute appointments are available for the second Thursday of each month, starting at 10:00 am. Call **508-866-4698 x 3.**

ATWOOD HOUSE RENTAL

The Nutrition Center at the Atwood House is available for rent on nights and weekends when it's not in use by the COA. The cost for Carver residents is \$75 for 4 hours of use without the kitchen and \$100 for 4 hours of use with the kitchen. Call the COA office at **508-866-4698 x 4** for more information or to book a party.

FRIENDS OF THE CARVER COUNCIL ON AGING

New members are always welcome! Annual membership fee is \$5. Please contact Madeline Joyce or Friends of the Carver Council on Aging, PO Box 72, Carver, Ma 02330.

SENATOR PACHECO

Offices Hours at the Carver Town Hall on the 3rd Monday of every month 1-2 pm. Drop in or call **508-822-3000** or **617-722-1551** to schedule an appointment.

STATE REPRESENTATIVE WILLIAMS-GIFFORD

Call the district office at **508-295-5999** for Town Hall Office Hours or to schedule an appointment.

WELLNESS CLINIC - "ASK THE NURSE"

A nurse from the Visiting Nurse Association of Cape Cod, is here every Tuesday from **10 AM – 11:30 AM** offering **FREE** blood pressure screenings and 1-on-1 consultations. Glucose & cholesterol screenings offered on the first Tuesday of each month. This service is sponsored by the Carver Board of Health. *Walk-ins are always welcome*!

If you are worried about your drinking, or if others are worried about your drinking, Alcoholics Anonymous has a solution.
For online AA meetings and 24 hr. chat support:
www.aa-intergroup.org. For more information: www.aa.org.

HAIRCUTS BY DONNA

Donna Lawrence is available to provide in-home hair cuts by appointment; \$15 for a cut, cut and blow dry \$25. Call **508-866-4698 x3** to make an appointment.

WELCOME WEDNESDAYS (first Wednesday of each month)

ACTIVITIES

Connie Kelly

Activities Coordinator Tues., Wed. & Thurs. 9 AM - 3 PM 508-866-4698 x 3 ckelly@sailsinc.org

NUTRITION CENTER

Dawn Padovani

Monday -Thursday 8 AM - 3 PM Friday 8 AM - 12 PM 508-866-4698 x 4 Lunch weekdays at 11:45

WEEKLY ACTIVITIES

ACRYLIC PAINTING CLASSES

FREE with Jim Collins. Wednesdays at 5 PM. Register at **508-866-4698 x3.**

BACKGAMMON Fridays at 10:00 AM

Experienced and novice players are welcome.

BINGO

Thursdays at 12:30 PM. \$5 for a standard pack of 10 games. \$1 for coverall and \$1 for 50/50 coverall

NEW INSTRUCTOR! CHAIR YOGA

with Mary Wilson, Owner of Wild Divinity Yoga Studio. NEW TIME! Mondays - 9 AM. \$5/class. Call to register at 508-866-4698 x3.

CRIBBAGE Tuesdays at 12 PM. Join some avid players for a few rounds of the game. *Drop in.*

OIL PAINTING CLASSES

FREE with Jim Collins. Tues. 1 PM. Call to register at **508-866-4698 x3**.

RUMMIKUB / SKIP BO Wed.—12 PM New and experienced players for either or both games are welcome.

MONTHLY ACTIVITIES

COFFEE WITH THE CHIEF

Every second Tuesday at 10:30 AM meet Police Chief, Marc Duphily, who will listen to any of your questions or concerns and will also collect any expired or unused prescription drugs.

SINGO with Jim the DJ Guy on the first Monday of the month - 12 PM. *Drop in.*

FOOT CARE CLINIC 20 - 30 minute appointments on the first Thursday of the month for nail cutting, smoothing calluses and corns plus foot massage for \$29. Call for an appointment at **508-866-4698 x3**.

BASKET WEAVING with Patty Batson. 1st & 3rd Tuesdays as well as the corresponding Fridays at 9:30 AM.

\$25/2 week

WHAT'S HAPPENING THIS MONTH

against you!

project. Reg-

ister at **508-866-4698 x3.**

Thanksgiving Luncheon tickets go on sale in the Nutrition Center starting Monday, November 4th. Tickets must be purchased in person no reservations will be taken.

"GETTING OLDER & HAVING FUN"

Monday, November 4th at 10:30 am

Presented by Chaplain Ken Hart.

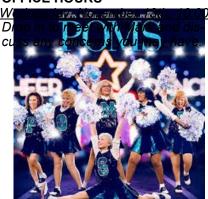
GRIEF SUPPORT GROUP

Tuesdays, November 5th, 12th (no meeting 19th), 26th, December 3rd, 10th & 17th from 1:00 - 2:30 pm Please register with Connie at 508-866-4698 x3.

HOLIDAY APRON CRAFT

Wednesday, November 6th at 10:00 Please register with Connie at **508-866-4698 x3**.

SELECTMAN MARK TOWNSEND OFFICE HOURS



FREE MOVIE MATINEE - "POMS"

<u>Wednesday, November 13th, 12:00</u>
<u>pm</u>. A comedy about a shy woman who moves to a retirement community hoping to be left alone but a funloving neighbor convinces her to form a cheerleading squad with their fellow residents. They soon learn that it's never too late to follow your dreams, even when the odds are stacked

508-866-4698 x3 if you plan to attend.

CARBS -FRIEND OR ENEMY?

Presented by Registered Dietitian Barbara



Canuel of Community Home Care Tuesday, November 19th, at 12:30
Discover the role carbohydrates play in meal and snack choices in diabetes management. Call Connie at 508-866
-4698 x3 if you plan to attend.

ANNUAL THANKSGIVING TURKEY LUNCHEON

Wednesday, November 20th, 11:45

am. Don't forget, tickets sell out fast!

HOLIDAY POTPOUR-RI CRAFT

Tuesday, November
26th, 10:00 am
Hand stencil holiday
designs on a burlap
sack filled with scented
potpourri Call Connie at 508-8664698 x3

to register.

FREE UKULELE LESSONS

GET YOUR MONTHLY

Medicare Open Enrollment October 15th-December 7th

During Medicare Open Enrollment, you can adjust your plan for next year.
Call the SHINE counselor for an appointment today!

Bring your new Medicare card with you.

FOOD PANTRY

Shane Gives Thanks - 128 Main St. Tues,/Thurs/Fri. - 9am-1:30 pm Sun. - 9am-11 am Mon./Wed./Sat. - Closed Home Delivery to homebound residents. 508-866-7673

MEALS ON WHEELS

The COA provides Meals on Wheels for homebound elders.

Monday - Friday

Daily Cost: \$3.00

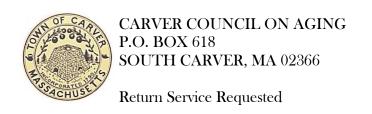
Call the Nutrition Center at

508-866-4698 x 4

SHINE PROGRAM

Health Insurance Counseling
Maureen Drilling
Most Tuesdays 9 - 12

Call for an appointment 508-866-4698 x4



Std Lts U.S. Postage PD #37 Carver, MA 02330

NOVEMBER 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	31	1	2
3	Chair Yoga 9:00 4 "Growing Older" 10:30 SINGO 12:00 noon	Visiting Nurse 10:00-11:30 Glucose Cholesterol Baskets 9:30 Grief Support 1:00	Apron Craft 10:00 6 Rummikub / Skip Bo Acrylic Painting 5:00	Footcare Appts. BINGO 12:30	Baskets 9:30 Backgammon 10:00	9
10	* * * * * * * * * * * * *	Visiting Nurse 12 10:00-11:30 Coffee with the Chief 10:30 Grief Support 1:00	Mark Townsend 1 3 10:00 "Poms" Movie 12:00 Acrylic Painting 5:00	Atty. Hale 14 Appts. Lulu Cabaret Payments due! BINGO 12:30	15 Backgammon 10:00	16
17	Chair Yoga 9:00 18	Baskets 9:30 Carbs – Friend or Enemy?	Thanksgiving 20 Luncheon 11:45 Rummikub / Skip Acrylic Painting	21 BINGO 12:30	22 Baskets 9:30 Backgammon 10:00	23
24	Chair Yoga 9:00 25	Visiting Nurse V.A. Mark Pineo 10:00 Holiday Craft Grief Support 1:00	27 Rummikub / Skip Bo 12:00 Acrylic Painting 5:00	happy THank	29 SGIVIC	30